



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09296, Quinces, raw

Report Date: July 01, 2017 00:52 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:39% Refuse Description: Core, seeds, and parings

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fruit without refuse 92g
Proximates					
Water	g	83.80	--	--	77.10
Energy	kcal	57	--	--	52
Energy	kJ	238	--	--	219
Protein	g	0.40	--	--	0.37
Total lipid (fat)	g	0.10	--	--	0.09
Ash	g	0.40	--	--	0.37
Carbohydrate, by difference	g	15.30	--	--	14.08
Fiber, total dietary	g	1.9	--	--	1.7
Minerals					
Calcium, Ca	mg	11	--	--	10
Iron, Fe	mg	0.70	--	--	0.64
Magnesium, Mg	mg	8	2	--	7
Phosphorus, P	mg	17	--	--	16
Potassium, K	mg	197	--	--	181
Sodium, Na	mg	4	--	--	4
Zinc, Zn	mg	0.04	--	--	0.04
Copper, Cu	mg	0.130	1	--	0.120
Selenium, Se	µg	0.6	--	--	0.6
Vitamins					
Vitamin C, total ascorbic acid	mg	15.0	--	--	13.8
Thiamin	mg	0.020	--	--	0.018

Nutrient	Unit	1			1 fruit without refuse	
		Value Per 100	Data points	Std. Error	92g	
Riboflavin	mg	0.030	--	--	0.028	
Niacin	mg	0.200	--	--	0.184	
Pantothenic acid	mg	0.081	--	--	0.075	
Vitamin B-6	mg	0.040	--	--	0.037	
Folate, total	µg	3	--	--	3	
Folic acid	µg	0	--	--	0	
Folate, food	µg	3	--	--	3	
Folate, DFE	µg	3	--	--	3	
Vitamin B-12	µg	0.00	--	--	0.00	
Vitamin A, RAE	µg	2	--	--	2	
Retinol	µg	0	--	--	0	
Vitamin A, IU	IU	40	--	--	37	
Lipids						
Fatty acids, total saturated	g	0.010	--	--	0.009	
4:0	g	0.000	--	--	0.000	
6:0	g	0.000	--	--	0.000	
8:0	g	0.000	--	--	0.000	
10:0	g	0.000	--	--	0.000	
12:0	g	0.000	--	--	0.000	
14:0	g	0.000	--	--	0.000	
16:0	g	0.007	1	--	0.006	
18:0	g	0.002	1	--	0.002	
Fatty acids, total monounsaturated	g	0.036	--	--	0.033	
16:1 undifferentiated	g	0.000	--	--	0.000	
18:1 undifferentiated	g	0.036	1	--	0.033	
20:1	g	0.000	--	--	0.000	
22:1 undifferentiated	g	0.000	--	--	0.000	
Fatty acids, total polyunsaturated	g	0.050	--	--	0.046	
18:2 undifferentiated	g	0.049	1	--	0.045	
18:3 undifferentiated	g	0.000	--	--	0.000	
18:4	g	0.000	--	--	0.000	
20:4 undifferentiated	g	0.000	--	--	0.000	
20:5 n-3 (EPA)	g	0.000	--	--	0.000	

Nutrient	Unit	1			1 fruit without refuse	
		Value Per100	Data points	Std. Error	92g	
22:5 n-3 (DPA)	g	0.000	--	--	0.000	
22:6 n-3 (DHA)	g	0.000	--	--	0.000	
Fatty acids, total trans	g	0.000	--	--	0.000	
Cholesterol	mg	0	--	--	0	
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	
Flavonoids						
Flavan-3-ols						
(+)-Catechin ²	mg	0.8	3	0	0.7	
(-)Epigallocatechin ²	mg	0.0	3	0	0.0	
(-)Epicatechin ²	mg	0.7	3	0	0.6	
(-)Epicatechin 3-gallate ²	mg	0.0	3	0	0.0	
(-)Epigallocatechin 3-gallate ²	mg	0.0	3	0	0.0	
(+)-Gallocatechin ²	mg	0.0	3	0	0.0	
Flavones						
Apigenin ³	mg	0.0	1	--	0.0	
Luteolin ³	mg	0.0	1	--	0.0	
Flavonols						
Kaempferol ³	mg	0.0	1	--	0.0	
Myricetin ³	mg	0.0	1	--	0.0	
Quercetin ³	mg	0.0	1	--	0.0	
Proanthocyanidin						
Proanthocyanidin dimers ¹	mg	2.6	3	0	2.4	
Proanthocyanidin trimers ¹	mg	1.2	3	0	1.1	

¹de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337

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³Lugasi, A. and Hovari, J. Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits., 2002 Acta Alimentaria 31 1 pp.63-71